

Marinated Flank Steak

By David Larkin

The barbecue season is upon us at last. Many of you will know this recipe but I'm including it just in case there is someone out there who doesn't. I think we got it first from a copy of Canadian Living in the late 60s in the days when we had a hibachi.

Find yourself some flank steak. In Picton, the only place that seems to have it is Sobey's. Season it with salt and pepper then prepare the marinade.

The original recipe calls for 2 parts vegetable oil, say 2/3 cup, and 1 part each of soya sauce and dry or semi-dry sherry (say 1/3 cup each). You can, if you like, add some crushed garlic - a couple of cloves - and some powdered or grated ginger. I have Chuck Slik to thank for the last ingredient. Stir the marinade well - best to put it in a blender or attack it with a blender stick.

Soak the flank steak in the marinade, ideally at least overnight. You can, if you wish, keep it in the marinade in a tightly-closed plastic bag for a day, then put it in the freezer, still in the marinade. This way you have a ready-marinated steak on tap should you need it in a hurry.

In the unlikely eventuality that there is some still left over after the meal, it can be cut up into cubes and frozen - to be re-heated and used as hors d'oeuvres. We came across this in, of all places, Paris, when we took a dinner cruise along the Seine on a Bateau Mouche with some American friends who were also serving with NATO.

As for the actual barbecuing, I leave that to you because barbecues vary so much. I usually start with a hot barbecue, then turn it down to medium, before turning it up again to start the second side. Baste with marinade. We like it medium rare and I usually have to cut into the steak to see how it is coming along, slopping marinade into the cut afterwards.

Carve cross grain in 1 cm. strips to serve.



THE TIME MAKER

Assisting Cooking Errands Organizing
Valencia Logan 613 476 5409

Kervan Farm

355-B Morrison Point Road

**Tender, Delicious,
Grass-Fed Beef!**

NO Hormones & NO Steroids

Perfect for the BBQ!
Steaks Sausages Pure Meat Patties

Also Available
Ground Beef Roasts Meatballs
Local Home-Made Cornish Pasties
Cabbage Rolls & Chili!
(All products frozen)

Open Saturday mornings from 10:00 a.m. to 12:00 noon

For more information, please call Marg Kerr at
613.476.4263 or email margkerr@kos.net

Please patronize *The Mirror's* advertisers, without whom the paper couldn't be published. And tell them you saw their ad!



**ST. PHILIP'S
ANGLICAN
CHURCH**

MILFORD

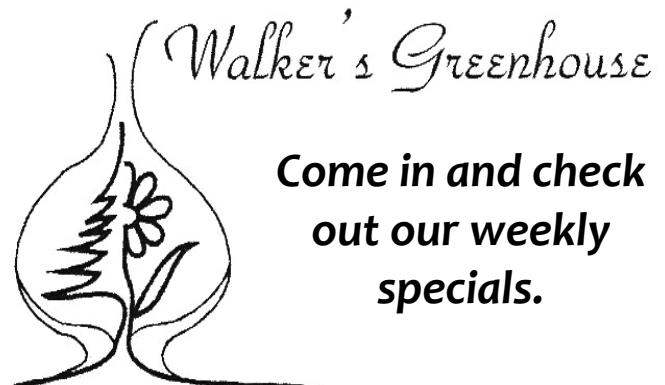
PORK & CORN ROAST

BBQ Pork, Fresh Corn, Salads & Desserts
WEDNESDAY, AUGUST 7th 2013

5:30 p.m. to 7:00 p.m. (Rain or Shine)

Adults - \$15, Children 12 & under - \$5

All Welcome! 



**Come in and check
out our weekly
specials.**

NEW HOURS FOR JULY
Open daily from 8:30 a.m. to 5:00 p.m.
613.476.1118 1955 County Road 17